



## My Child Has...*Fever*

Fevers are a common symptom in children. Fevers are a good, normal part of the immune system that work to protect our bodies and fight infection. A fever starts at 100.4F/38C or higher. It can typically last two to four days and then resolve, depending on the related illness.

If your infant is 30 days or younger and has a fever at any time, they need to go to the urgent care or ER immediately.

Typically, we recommend supportive care at home for the first three days of fever. After having three days of fevers, we recommend children come in to be seen with a provider.

Supportive care includes using a cool washcloth on the forehead, removing clothing layers, and encouraging plenty of fluids to keep the child well hydrated.

Treat your child with Tylenol or Motrin (6 months+) for discomfort and fevers above 102F. Please see dosing chart for safe medication doses for your child. The dosing chart can be found on our website ([hipediatrics.com](http://hipediatrics.com)) under parent resources. Fevers are usually safe and often children do not need antipyretic medication, at all.

Bring your child in before the fourth day of fevers if they ALSO have earaches, sore throat, severe headache, signs of dehydration, breathing issues or other concerning symptoms.

If your child has a fever above 104F, call the doctor right away. If fevers rise to 104F and cannot be brought down by supportive care or antipyretic medications (like Tylenol), they should be seen.